

A message from the President**Springtime in the Rockies !**

It's hard to believe that it's Spring and that the outdoor pools will be opening in another month. By now most of our swimmers, and families, have familiarized themselves with our new pools and pool schedule. Given that we're at several pools, and high school swimming is still in season, we'll see a few more practice/pool schedule changes for the near future.

We're very fortunate to have an experienced coaching staff (Head Coach Tex, Coach Tom, Coach Andrew) as well as some new coaching talent on-deck – Coaches Laura Peterson, Jonathan Burgess, Steve Drozda, Cathy Drozda and Calli Doherty. All our swimmers will benefit from the *8* coaches and the enhanced, one-on-one technique development.

Please read the BLASTs that we email each week, as these have the latest practice announcements as well as other important Club information and events. You'll also find the BLASTs, newsletters, and practice information on the www.teamcudas.com web site.

A brief update on the new pool location that the Board has been actively working on for the past many months. As I mentioned in a previous newsletter we actually have two very strong options for new (to be built) pools. We are proactively working with both pool committees as they formulate the building of the pool (when the weather permits) and the future pool practice schedules. Until the 'ground is broken' and we have a firmer date for completion, we may be continuing to swim out of several of our current pools.

The CUDA Board is a very active Board with many projects and programs to manage. We wish to Thank one of our most dedicated Board members, Pam Bayliff, for the time she served and for all her support. She, and her husband, Dave, have been long-time members of the Team and a key reason for the continued success of the Club.

[Karen Zimmerman ~ BBSC President](#)

Coaches Corner**Head Coach Tex & Coach Tom**

With this last round of championships, you may have heard of the controversial swimsuit technology. Swimsuit companies unveiled \$500-\$600 full-body suits in the lead-up to 2008 Olympic Trials and the Olympics itself. The suits are slicker than human skin and also provide buoyancy that helps body position and speed in the water. Those companies hope to make money by selling them to a wider spectrum of swimmers. The innovations are impressive, but potentially have some serious negative effects on the sport. Most coaches want, including your CUDA coaches, to limit the effect of the suits on the sport that we love – we want it to be about swimming and hard work, instead of economics.

In response to that, USA swimming has limited the suits somewhat: **Swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee.** Colorado Swimming went a bit further and changed the rule to include **all 14 & Under age group competition in the state.** Rules were designed to prevent families of age group swimmers from feeling like they need to buy a new \$500 swimsuit each meet to be competitive. Also, **wearing 2 or more suits in a race is illegal.** Collegiate swimmers wore 2 of these suits to get additional buoyancy. Many of these suits may be banned in the future, but for now, the suits are limited to swimmers 15 & older and to 1 suit.

There are many suits out there that fit the rules and are more in the \$200 price range, and those suits provide some of the new technology. These suits that cover more than the jammer for boys, or the regular old racing suit for girls, often take 10 minutes or more to put on, and last through one or two meets. Part of the reason for the suit taking 10 minutes or more to put on is that the suits are designed to fit tight on the skin. If you want some really cheap performance enhancement, purchase a regular team suit for racing from MI Sports, but make sure it is that the suit fits tight. When the fit is tight, the water flows around the suit instead of through it, so resistance is less than with a

looser suit, and the suit lasts longer because it is not stretched by water flow.

Purchasing an expensive suit with the new technology is a large financial commitment in order to help take a few tenths of a second off of a time. There are other ways to get more out of your swimming that can take seconds off of your time. Before making that commitment to a really awesome suit, commit to basic techniques, improved training and other more valuable financial commitments. Below, I'm listing some examples:

Technical:

- Perfect your streamline and use it off of every wall in every swim – this requires concentration, but costs nothing otherwise, and it will improve your times more than any suit.
- Ask your coach what one thing you need to change to most improve your stroke and then commit to changing it in each practice

Training:

- Take advantage of all your opportunities to train – you already paid for your practices and the coaching, so get in a routine where you make the recommended number of practices every week.
- If you swim for an hour or more at practice, bring your water bottle to every practice and use it every day – staying hydrated will keep you swimming better and faster through the entire practice.
- When you get tired in practice, double your efforts to make it through the entire set

Financial:

- Keep your dues current so that your club operates well and focuses on your swimmer's needs.
- Fundraise for your club so that your club can look towards your swimmer's future needs.
- Volunteer your time to insure that your club hosts great meets that secure the club's future.
- Save money to attend a meet that your swimmer has to qualify for so that you are prepared for their success

If our swimmers and families do all of these things in terms of technique, training and financial commitments, we will improve immensely. We will eventually have many swimmers who will be qualified for open competition at high-level meets and then we should talk about and perhaps decide on a high-tech suit that will help the swimmer go just a bit faster.

Let's get to work on swimming faster! ~ Tex

Swimmers of the month from BCC

Red Group

Girl~ Chapin Miller-Maes
Boy~ Ian Thomas

Silver Group

Girl~ Diana Kim
Boy~ Michael Lusman

Swimmers of the month from BCC

Red Group

Girl~ Chapin Miller-Maes: Chapin recently joined the Cuda's after a couple year hiatus and has improved daily by listening to the coaches and bringing an enthusiastic attitude with her to practice everyday.

Boy~ Ian Thomas: Ian was recently promoted from our developmental team and has really begun to put it all together in the pool. By continuing to be attentive in practice Ian is getting all he can from every practice. Great work!

Silver Group

Girl~ Diana Kim: Diana has worked her way to the top of the Silver group...literally. Diana is one of the hardest working kids on the team, and is a true example of you get out of swimming what you put into it.

Boy~ Michael Lusman: Michael is a new member of the silver team having recently been promoted from Red. Michael has truly stepped up his swimming in the last month and is quickly growing into a lane leader in Silver!

WAY TO GO SWIMMERS! ~Coach Tom

<p>Congratulations are in Order!</p>	<p>14 & Under Colorado State Outcomes Our team placed 9th overall against all Colorado teams – an accomplishment enable by each swimmer successfully swimming each of their events. Way to go CUDAs!</p> <p>Kris Kerr was the state champ in 2 events – Boys 11-12: 50 Back and 200 Back We had 4 individuals place in overall top ten positions for their age group high points:</p> <ul style="list-style-type: none"> ● Katalena Laufasa-Duncan girls 13-14: 5th place, ● Kris Kerr boys 11-12: 4th place, ● Shelly Drozda girls 10 & under: 7th place and ● Ian Dretzka boys 10& under: 8th place. <p>Far Western's Over this past weekend we had several of our CUDA swimmers qualify for and participate in the Far Western's swim meet in San Jose California. These swimmers represented our team well and had a great time to boot.</p> <p>Congrats to Elizabeth and Kate Peterson, Ian Dretzka, Abi Young, and Brittany Halloway for a job well done! Congrats to Abi Young, who traveled to California to take 11 seconds off of our team record in the 1000 free (11:00.11) and 36 seconds off of our team record in the mile (18:15.71).</p>																
<p>Hooking Up with the Coaches!</p>	<p>Our coaches strive to maximize the practice/training time spent developing our swimmers. The coaches are busy from the moment practice begins and have a set training schedule. So that each coach can give 100% of their attention to all swimmers, please arrange a time with your swimmer's coach to speak or meet <u>before or after practice</u>. The coach's email addresses are on the Team web site and you can email them with a request to meet.</p>																
<p>Upcoming Meets & Events</p>	<p>Mark your calendars!</p> <table border="0"> <tr> <td>April 11</td> <td>Catch the Spirit Camp</td> </tr> <tr> <td>April 11</td> <td>Suburban League Pentathlon (long and short course)</td> </tr> <tr> <td>April 17-19</td> <td>Foothills LC Open</td> </tr> <tr> <td>April 24</td> <td>April PIZZA Meet</td> </tr> <tr> <td>May 1-3</td> <td>FAST Spring Splash</td> </tr> <tr> <td>May 29-31</td> <td>ACCES Long Course Open</td> </tr> <tr> <td>June 12-14</td> <td>NJ LC Summer Open</td> </tr> <tr> <td>June 19-21</td> <td>CSC Summer Invitational Columbia MO (See info below)</td> </tr> </table>	April 11	Catch the Spirit Camp	April 11	Suburban League Pentathlon (long and short course)	April 17-19	Foothills LC Open	April 24	April PIZZA Meet	May 1-3	FAST Spring Splash	May 29-31	ACCES Long Course Open	June 12-14	NJ LC Summer Open	June 19-21	CSC Summer Invitational Columbia MO (See info below)
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<p>Summer Away Meet Plans</p> <p>June 19-21</p>	<p>Traditionally the away meet has been a great time for both swimmers and parents. It's fun to take a trip to a new place, watch some great swimming and see some of the new sights. This year we are heading east to the University of Missouri to swim at one fantastic swimming complex!</p> <p>The trip to Columbia Missouri will take around 11 hours to drive. It's a good suggestion to start to look for others to carpool with to share the expense, driving and just increase the level of fun. The team did look into hiring a bus for group travel, but it is too expensive and not in the best interest for the club at this point.</p> <p>There are several parents who are working on securing a team hotel for the away meet in and planning for a team dinner on Friday night. Watch as additional information starts to become available for this meet.</p>																
<p>CUDA Challenge</p>	<p>A heartfelt Thank you to the CUDA families who participated in the CUDA Challenge pledge drive. 100% of the money raised offsets dues increases and is used for Team equipment.</p> <p>CUDA Challenge April 'Make Up' Swim- We understand that a number of families were unable to participate in the March 14th and 15th swim events. April 20-25 is the week for the CUDA Challenge 'make up' for swimmers who were unable to participate in March and are encouraged to swim this during regular practice. Jackie Hahn, CUDA Challenge Coordinator, will be in touch with the swimmer's parent/guardian to arrange a time to hand out pledge packets.</p>																

	Each swimmer who returns the CUDA Challenge pledge minimums will receive an official TYR mesh swim bag.
Notes from the CUDA Treasurer	<p>Thanks to all of you who have paid their Short Course bills. Just a reminder that quarterly payments are due at the beginning of the quarter, not the end.</p> <p>Tip: To see your entire invoice history on the Team Unify website, goto the "My Invoice/Payment" page and use the "Show Billing/Payment History" button, then select a date range (I suggest 1/1/2009 to "Today"). This will show a full history of charges and payments and will help explain your current outstanding balance (or credit).</p> <p>All billing related questions should be directed to myself or or our business manager, Jennifer Dretzka.</p> <p>Matt Dretzka ~ Treasurer, Broomfield Barracudas Swim Club ~ cudacash@comcast.net</p>
Script & Pizza Pals	<p>New Arrangements to Purchase King Soopers Scrip and Old Chicago Pizza Pals</p> <p>As of March 5th, there will be a new pool/practice schedule for our FRCC swimmers. Our King Soopers scrip (gift card) and Old Chicago Pizza Pals coordinators, Scott and Kellie Bratcher, have asked that parents email them when you wish to purchase scrip and Pizza Pals. Scott and Kellie will try to accommodate any requested time to meet. Scott and Kellie can be reached at: scottkellie@earthlink.net</p> <p>The Board would like to Thank Kellie and Scott Bratcher for being our tireless volunteers in the sale of King Soopers gift cards and Old Chicago Pizza Palz.</p>
Monthly BBSC Board Meeting	The April 20 th Board meeting time has been changed to 11:30-1:00 pm, BCC, instead of the regular 7 pm nightly meeting, due to our Head Coach's new pool/practice schedule. All BBSC community members are invited to attend this, and future, Board meetings.
Team Communications	<p>If you have not done so already, please visit the Team web site and register yourself as a CUDA parent. ALL Team communication, meet information, meet registration, and member updates, etc. is done via email. Web site: www.teamCUDAs.com</p> <p>Please contact Laura Peterson with any questions regarding registering as a CUDA parent.</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>